



**WELL CHILD EXAM - LATE**  
**CHILDHOOD: 10 YEARS**  
(Meets EPSDT Guidelines)

DATE

**LATE CHILDHOOD: 10 YEARS**

PARENT AND CHILD TO  
COMPLETE ABOUT CHILD

CHILD'S NAME

DATE OF BIRTH

ALLERGIES

CURRENT MEDICATIONS

ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE LAST VISIT

YES NO

☐ ☐

My child eats breakfast every day.

YES NO

☐ ☐

My child seems rested when he/she awakens.

☐ ☐

My child is doing well in school.

☐ ☐

My child handles stress, anger, frustration appropriately.

☐ ☐

My child has one or more close friends.

☐ ☐

My child gets some physical activity every day.

WEIGHT KG/OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

BLOOD PRESSURE

Diet

Sleep

☐ Review of systems

☐ Review of family history

☐ Dental Referral

☐ Tb

☐ Cholesterol

☐ Review Immunization Record

Health Education: (Check all completed)

☐ Nutrition

☐ Dental Care

☐ Safety

☐ Adequate Sleep

☐ Development

☐ Seat Belt

☐ Helmets

☐ Regular Physical Activity

☐ Puberty

☐ Passive Smoke/Smoking

☐ Parenting Issues

☐ Child Care

☐ School Issues

Assessment:

Screening:

N

A

Development

☐

☐

Behavior

☐

☐

Social/Emotional

☐

☐

Vision

R

20/

L

20/

MHZ

R

L

Hearing

4000

2000

1000

500

Physical:

N

A

General appearance

☐

☐

Chest

N

A

☐

☐

Skin

☐

☐

Lungs

☐

☐

Head

☐

☐

Cardiovascular/Pulses

☐

☐

Eyes

☐

☐

Abdomen

☐

☐

Ears

☐

☐

Genitalia

☐

☐

Nose

☐

☐

Spine

☐

☐

Oropharynx/Teeth

☐

☐

Extremities

☐

☐

Neck

☐

☐

Neurological

☐

☐

Nodes

☐

☐

Gait

☐

☐

Mental Health

☐

☐

Describe abnormal findings:

IMMUNIZATIONS GIVEN

REFERRALS

**NEXT VISIT: 12 YEARS OF AGE**

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

# **Your Child's Health at 10 Years**

## **Milestones**

### **Ways your child is developing between 10 and 12 years of age.**

Your child should be getting in his permanent side teeth, the cuspids and bicuspid.

Between 10 and 12 many children will begin to develop as adults. Girls may start to get breasts and menstruate. Boys may get facial and pubic hair.

Talk with your child about body changes before they happen. Boys should know about beards, voice changes and wet dreams. Girls should know what to do when her period begins.

**You can help your child learn new things by talking and playing with her. Make a game of practicing hand signals or saying "No" when a stranger offers her a ride.**

## **For Help or More Information**

Planned Parenthood, family planning agencies, health departments and community colleges may have "Mom and Me" or "Dad and Me" classes to help explain growing up to boys and girls. You can call 1-800-375-266.

### **Firearm safety:**

Safe Storage Hotline,  
1-800-LOK-IT-UP (565-4887)

**Car seat safety:** Safety Restraint Coalition, 1-800-BUCK-L-UP (voice) or 1-800-833-6388 (TTY Relay)

## **Health Tips**

Your child should see the doctor for a checkup at least every other year.

She should see the dentist every six months. Be sure that she is brushing correctly with fluoride toothpaste and flossing daily.

You and your child should exercise 20 to 30 minutes each day. You could go for a walk or roller blade together. This is an important habit for her to learn.

## **Parenting Tips**

Have your child help you plan meals and make meals every week. This is a good time for him to practice choosing all of the parts of a healthy meal.

Touching, hugging, and kissing your child tells him you care. This is important even though your child may not want you to do it when their friends are around.

Teach your child what she can and cannot do when she is angry. Learning to settle a family argument peacefully helps her peacefully settle arguments with friends.

## **Safety Tips**

Have family safety practices in your house:

- Test the smoke alarm and change the batteries when needed.
- Have fire drills and practice escape routes and crawling under the smoke.
- Keep all guns and rifles unloaded and locked up.
- Use seat belts every time anyone rides in a car.
- Use correctly the helmets and pads for biking, skating or using a scooter. Adults must use helmets and pads too!

Teach your child gun safety. They never play with real guns. If you keep guns in your home, make sure they are unloaded and locked up.

## **Guidance to Physicians and Nurse Practitioners for Late Childhood (10 years)**

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

### **Fluoride Screen**

Check with local health department for fluoride concentration in local water supply, then use clinical judgment in screening.

### **Hemoglobin/Hematocrit (Hgb/Hct) Screen**

- Using your own practice experience, evaluate the need, timing and frequency of hematocrit tests.

### **Total Cholesterol/Lipoprotein Screens**

- Screen children with a parent or grandparent with premature (before age 55) cardiovascular disease.
- Recommend lipoprotein screen for children with a total cholesterol equal to or greater than 170 on two tests with a parent whose cholesterol is greater than or equal to 249 mg/dl.

### **Developmental Milestones**

Always ask parents if they have concerns about development or behavior.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention.